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# The Itch Clinic®

Allergy, Dermatology, and Otology

Dr. Keith A Hnilica DVM, MS, DACVD



## TOPICAL THERAPY

**BATHE every 3-7 days with a disinfecting shampoo** to wash off pollens and kill bacteria and yeast.

After shampoo **apply** a skin barrier restoring **ZINC OATMEAL conditioner/lotion**

**Apply** the **Genesis Spray** to red itchy spots in-between the baths to prevent infection & itch.

**Treat the EARS** with prevention therapy after at every bath **WARMED LETK** or **EASOTIC pump**

**WIPE** the feet, chin, and face folds with **baby wipes** at bedtime.

## ITCH CONTROL:

In the **MORNING** (and up to every 12 hours for severe itching) give \_\_\_generic **Zyrtec** or **Allegra**

At **BEDTIME** (and up to every 12 hours for severe itching) give \_\_\_generic **Benadryl/Hydroxyzine**

On **WEEDENDS (Sat + Sunday)** give **STEROIDS (Dex Tablets)** or *Apoquel for severe itching*

## INSECTS ALLERGIES

make sure **ALL** pets are treated with a NEW generation (**nonBeef/nonChicken**)

**SIMPARICA** every 30 days for **mites, chiggers, mosquitoes, scabies, fleas, and ticks.**

**Revolution Plus** every 30 days for **cats** - **Bravecto** must be every 30 days

## FOOD ALLERGENS

**REMOVE ALL BEEF, DAIRY, CHEESE, CHICKEN, EGG, TURKEY, VENISON, BISON, BUFFALO, ETC**

Select **VEGETARIAN, Lamb, Rabbit, lean Pork, or FISH/SALMON diet**

**HOME-COOKED DIETS ARE BEST. ALL FLAVORED MEDS AND TREATS MUST NOT BE BEEF/CHICKEN**

## IMMUNE SYSTEM CONTROL:

**CYTOPOINT** - MONOCLONAL ANTIBODY THERAPY INJECTION (safe to repeat every few months)

**ALLERGY SKIN TESTING AND ALLERGY VACCINE SHOTS** - weekly injections with **ALL** positive allergens

**CYCLOSPORINE/Atopica/Cyclavance** - daily oral treatment capsule

## HORMONE IMBALANCE:

**HYPOTHYROID LEVELS** - Give thyroid supplement every 12 hours (must be every 12 hours)

**Geriatric CUSHING'S SYNDROME** - Give oral melatonin every evening to boost the immune system

## Vitamin Supplements for HAIR & SKIN and NAILS + GLAND and GI HEALTH

Vit A + Niacinamide + EPA .....	DoItchy <b>Hair Skin &amp; Nails</b>
Melatonin .....	DoItchy <b>Rejuvenating Hair Grower</b>
Zinc + PEA .....	DoItchy Itch <b>Defense</b> Zinc + PEA
Probiotic.....	DoItchy Itch <b>Recovery</b> Probiotic
Omega 3 Fatty Acids .....	Omega 3 EPA 850mg/20lbs

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## **ALLERGY RESCUE TREATMENT PROTOCOL**

### **1. TREAT ALL AND ANY BACTERIA PYODERMA OR YEAST INFECTIONS AGGRESSIVELY**

#### **2. EVERY DAY**

1. **Bathe or use wet-towel wipe** + Scrub using 4% chlorhexidine surgical scrub. Remove all dead-ingrown hairs.
2. Fill the **ear canal** with Genesis spray or Epi-Otic Advanced or EasOtic
3. Give generic Benadryl (1mg per lb weight) **every 12 hours**
4. Give generic Zyrtec or Allegra **every 12 hours**
5. Give high dose **Omega 3 fatty acids** (500mg EPA per 40lbs)
6. Give **Vitamin A and B3** (niacinamide) Doc Itchy Hair Skin & Nails

3. Give **oral cyclosporine combined with ketoconazole** everyday for immune system control.

4. Feed only a **home-cooked VEGAN diet** with NO processed food or treats. Make sure ALL medicines or supplements are non-flavored or VEGAN (not beef/chicken/dairy).

5. Give **allergy desensitization vaccine injections** every 7 days (based on allergy skin test is best - blood test ok - saliva/hair testing is useless).

6. Give **SIMPARICA** EVERY 30 DAYS (NOT TRIO) for contagious mites and mosquito and all biting insect allergy prevention.

7. Give **Cytopoint injections** every 1-3 months to help control the immune system with minimal side-effects.

8. Make sure **thyroid hormone and Cushing's Disease** are checked with blood lab-work every year.

9. Give **Dexamethasone steroids** on Saturday + Sunday ONLY (none Mon - Fri).

10. ONLY AFTER 1-9 WOULD LONG-TERM **APOQUEL** BE ADVISED WHICH  
WILL SHORTEN YOUR PET'S LIFE DUE TO CANCER RISK.

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